



## Crosswalk of Essential Standards and Current Standard Course of Study

### K-2: Health

This document is designed to help North Carolina educators teach the Common Core and Essential Standards (Standard Course of Study). NCDPI staff are continually updating and improving these tools to better serve teachers.

**Important Note: The current SCOS will continue to be operational in the 2010-11 and 2011-12 school years** as resource materials are developed to support the new Essential Standards, professional development is conducted and assessments are designed to align to the new Essential Standards. We expect the new Essential Standards to be taught and assessed in schools for the first time in the 2012-13 school year. That said, we are providing Essential Standards resources now and over the next two-years so that schools and teachers can get a head start on internalizing and planning to teach the new standards.

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

#### Kindergarten

#### MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
K.MEH.1	<b>Remember the association of healthy expression of emotions, mental health, and</b>	K.MEH.1.1	Recognize feelings and ways of expressing them.	1.01 Identify specific feelings by name and demonstrate the ability to verbalize feelings in an appropriate manner.	
		K.MEH.1.2	Recall stressors and stress responses.		New clarifying objective

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
	healthy behavior.	K.MEH.1.3	Illustrate personal responsibility for actions and possessions.	1.02 Demonstrate the ability to accept and act on personal responsibilities.	

## PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
K.PCH.1	Apply measures for cleanliness and disease prevention.	K.PCH.1.1	Use steps of correct hand washing at appropriate times throughout the day.	2.01 Predict situations that should include hand washing and demonstrate correct hand washing technique.	
		K.PCH.1.2	Illustrate proper tooth brushing techniques.	2.02 Demonstrate proper technique for brushing teeth and summarize reasons for not sharing a toothbrush.	

		K.PCH.1.3	Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).	2.02 Demonstrate proper technique for brushing teeth and summarize reasons for not sharing a toothbrush.	
K.PCH.2	<b>Understand necessary steps to prevent and respond to unintentional injury.</b>	K.PCH.2.1	Recognize the meanings of traffic signs and signals.	2.03 Recognize and describe the meanings of traffic signs and signals.	
		K.PCH.2.2	Explain the benefits of wearing seat belts and bicycle helmets.	2.05 Evaluate the benefits of wearing seat belts and bicycle helmets.	
		K.PCH.2.3	Illustrate how to get help in an emergency.	2.06 Demonstrate how to get help in an emergency.	
		K.PCH.2.4	Identify appropriate responses to warning signs, sounds, and labels.	2.07 Demonstrate appropriate responses to warning signs, sounds, and labels.	

## INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
K.ICR.1	<b>Understand healthy and effective interpersonal communication and relationships.</b>	K.ICR.1.1	Explain reasons for sharing.	3.01 Demonstrate the ability to share objects and time.	
		K.ICR.1.2	Compare people in terms of what they have in common and how they are unique.	3.02 Conclude and acknowledge that each person is unique and special.	
		K.ICR.1.3	Summarize protective behaviors to use when approached by strangers.	3.03 Demonstrate protective behaviors to use when approached by strangers.	
		K.ICR.1.4	Recognize bullying, teasing, and aggressive behaviors and how to respond.	3.04 Recognize and respond appropriately to bullying, teasing, and aggressive behaviors.	

## NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
K.NPA.1	<b>Understand MyPlate as a tool for selecting nutritious foods.</b>	K.NPA.1.1	Classify foods by groups in MyPlate.	4.01 Recognize the categories of My Pyramid.	
		K.NPA.1.2	Recall foods and beverages beneficial to teeth and bones.	4.03 Identify foods and beverages that are healthy choices for teeth and bones.	
		K.NPA.1.3	Recall activities for fitness and recreation during out-of-school hours.	4.06 Generate examples of opportunities to participate in physical activity during non-school hours.	
K.NPA.2	<b>Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.</b>	K.NPA.2.1	Recognize nutrient-dense foods in a list of foods that are culturally diverse.	4.02 Explore a variety of foods and beverages for good health, including unfamiliar and culturally diverse foods. 4.04 Associate common foods with their origins.	
		K.NPA.2.2	Summarize the importance of a healthy breakfast and lunch.	4.05 Demonstrate the ability to select a healthy breakfast and lunch with a variety of whole grains, vegetables, fruits, and low-fat dairy products.	

## ALCOHOL, TOBACCO AND OTHER DRUGS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
K.ATOD.1	<b>Understand how to use household products and medicines safely.</b>	K.ATOD.1.1	Explain what is likely to happen if harmful household products are ingested or inhaled.	Grade 3 5.01 Summarize why household products are harmful if ingested or inhaled.	
		K.ATOD.1.2	Classify things found around the house as medicinal drugs or other (e.g. candy).	Grade 3 5.02 Predict the potential risks associated with over-the-counter medicines.	
		K.ATOD.1.3	Identify adults and professionals who can be trusted to provide safety information about household products and medicines.		New clarifying objective
		K.ATOD.1.4	Use appropriate strategies to access help when needed in emergencies involving household products and medicines.		New clarifying objective

5.03 Not addressed

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## Grade One

### MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
1.MEH.1	<b>Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.</b>	1.MEH.1.1	Use effective communication to express and cope with emotions.	1.01 Describe and demonstrate appropriate ways to express and cope with emotions and feelings.	
		1.MEH.1.2	Use methods of positive coping with disappointment and failure.	1.03 Identify and demonstrate appropriate methods for coping with disappointment and failure.	
		1.MEH.1.3	Classify stressors as causing positive or negative stress.		New clarifying objective

1.02 Not addressed or moved to another grade level

## PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
1.PCH.1	<b>Apply measures for cleanliness and disease prevention.</b>	1.PCH.1.1	Recognize that germs produce illness and can be spread from one person to another.	2.01 Describe and demonstrate measures for preventing the spread of germs.	
		1.PCH.1.2	Use measures for preventing the spread of germs.		
1.PCH.2	<b>Understand wellness, disease prevention, and recognition of symptoms.</b>	1.PCH.2.1	Illustrate symptoms of sickness and measures for getting well.	2.02 Predict symptoms of sickness and summarize measures to get well.	
		1.PCH.2.2	Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.	2.06 Summarize the transition process between primary and permanent teeth and demonstrate how to get help with dental problems.	
1.PCH.3	<b>Understand necessary steps to prevent and respond to unintentional injury.</b>	1.PCH.3.1	Identify safety hazards in the home and injury prevention strategies.	2.03 Identify safety hazards in the home and injury prevention strategies.	
		1.PCH.3.2	Identify items that can cause burns and strategies to prevent fire and burn injury.	2.04 Identify items that can cause burns and describe strategies that prevent burns.	



		1.PCH.3.3	Execute the Stop, Drop, and Roll response.	2.05 Demonstrate the stop, drop, and roll response to burning clothing.	
		1.PCH.3.4	Execute an emergency phone call.	2.07 Demonstrate how to make an emergency phone call.	

## INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
1.ICR.1	<b>Understand healthy and effective interpersonal communication and relationships.</b>	1.ICR.1.1	Explain the importance of demonstrating respect for the personal space and boundaries of others.	3.03 Demonstrate respect for the personal space and boundaries of others and explain why this is important.	
		1.ICR.1.2	Explain the value of having a diversity of students in the classroom.	3.04 Conclude that different people have different abilities and summarize the benefits of diversity.	
		1.ICR.1.3	Contrast tattling with reporting aggression, bullying, and violent behavior.	3.06 Differentiate between tattling and reporting aggression, bullying, and violence.	

		1.ICR.1.4	Contrast appropriate and inappropriate touch.	3.01 Differentiate between appropriate and inappropriate touch and demonstrate how to seek adult assistance for inappropriate touch.	
		1.ICR.1.5	Illustrate how to seek adult assistance for inappropriate touch.	3.01 Differentiate between appropriate and inappropriate touch and demonstrate how to seek adult assistance for inappropriate touch.	

## NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
1.NPA.1	<b>Understand MyPlate as a tool for selecting nutritious foods.</b>	1.NPA.1.1	Select a variety of foods based on MyPlate.	4.01 Categorize foods into the appropriate groups of My Pyramid.	
		1.NPA.1.2	Contrast more nutrient-dense foods from those that are less nutrient-dense.	4.03 Summarize the benefits of eating a variety of whole grains, fruits, and vegetables and low-fat dairy products.	

1.NPA.2	<b>Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.</b>	1.NPA.2.1	Classify the sources of a variety of foods.	4.02 Identify a variety of foods that are healthy choices in each of the food groups.	
		1.NPA.2.2	Select healthy alternatives to foods and beverages that are high in sugar.	4.04 Identify foods and beverages high in added sugar and generate examples of appealing healthy alternatives.	
1.NPA.3	<b>Remember fitness concepts to enhance quality of life.</b>	1.NPA.3.1	Recognize the benefits of physical activity.	4.05 Explore various movement activities and predict the benefits of physical activity.	
		1.NPA.3.2	Recall fitness and recreation activities that can be used during out-of-school hours.		New clarifying objective

## ALCOHOL, TOBACCO AND OTHER DRUGS

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>		<b>Current NCSCOS</b>	<b>Comments</b>
1.ATOD.1	<b>Understand how to use household products and medicines safely.</b>	1.ATOD.1.1	Recognize the harmful effects of medicine when used incorrectly.	5.01 Evaluate the benefits of medicine when used correctly.	
		1.ATOD.1.2	Recognize how to behave safely with medicines and household cleaners.		New clarifying objective

		1.ATOD.1.3	Classify products as harmful or safe.	5.03 Demonstrate how to identify a harmful medicine or substance and how to respond when offered or discovering one of these substances.	
		1.ATOD.1.4	Summarize strategies for reporting harmful substances.	5.03 Demonstrate how to identify a harmful medicine or substance and how to respond when offered or discovering one of these substances.	

5.02 Not addressed

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## Grade Two

### MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
2.MEH.1	<b>Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.</b>	2.MEH.1.1	Identify appropriate standards for behavior.	1.01 Summarize and demonstrate expected standards for behavior such as honesty, trustworthiness, and respect for others.	
		2.MEH.1.2	Summarize behaviors that help to avoid risks.		New clarifying objective
		2.MEH.1.3	Explain the influence of peers, the media, and the family on feelings and emotions.		New clarifying objective
		2.MEH.1.4	Explain the influence of self-concept on performance and vice versa.	1.02 Distinguish between evaluations of performance and self worth.	
		2.MEH.1.5	Summarize the potential negative effects of stress on the		New clarifying objective

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
			body and mind.		

1.03 Not addressed

## PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
2.PCH.1	<b>Apply measures for cleanliness and disease prevention.</b>	2.PCH.1.1	Recall the benefits of good dental health.	2.01 Demonstrate the proper technique for tooth brushing and describe the benefits of good dental health.	
		2.PCH.1.2	Execute the proper techniques for brushing teeth.	2.01 Demonstrate the proper technique for tooth brushing and describe the benefits of good dental health.	
2.PCH.2	<b>Understand wellness, disease prevention,</b>	2.PCH.2.1	Summarize reasons and strategies for preventing contact	2.03 Summarize appropriate measures to prevent contact with	

	<b>and recognition of symptoms.</b>		with body fluids.	the body fluids of others.	
		2.PCH.2.2	Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.	2.04 Advocate to others the dangers associated with excessive sun exposure (e.g. sunburn, damage to the eyes, skin cancer) and identify methods for protecting oneself from the sun.	

2.02 Not addressed

## INTERPERSONAL COMMUNICATION RELATIONSHIPS

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>		<b>Current NCSCOS</b>	<b>Comments</b>
2.ICR.1	<b>Understand healthy and effective interpersonal communication and relationships.</b>	2.ICR.1.1	Classify behaviors as helpful or hurtful to friendships.		Addressed at Grade 3 as well.
		2.ICR.1.2	Interpret the feelings of others and how to respond when angry or sad.	Grade 2 3.02 Recognize and respond appropriately to the feelings of others.	

		2.ICR.1.3	Explain why it is wrong to tease others.	3.03 Explain why it is wrong to tease others.	
		2.ICR.1.4	Recognize bullying behaviors and what to do if someone is bullied	3.04 Recognize bullying behaviors and demonstrate steps to take if someone is bullied.	
		2.ICR.1.5	Exemplify how to communicate with others with kindness and respect.	3.01 Demonstrate effective interpersonal communication skills.	

## NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
2.NPA.1	<b>Understand MyPlate as a tool for selecting nutritious foods.</b>	2.NPA.1.1	Recognize the interrelationship of parts of MyPlate.	4.01 Identify the amount of food from each food group of My Pyramid needed each day to achieve and maintain good health.	
		2.NPA.1.2	Plan meals that are chosen for energy and health	4.05 Demonstrate the ability to plan an appealing, healthy meal and design an opportunity for an enjoyable physical activity.	



		2.NPA.1.3	Classify activities in terms of their appropriateness for a healthy lifestyle	4.04 Categorize behaviors that are physically active and physically inactive and compare and contrast the health effects of these activities.	
2.NPA.2	<b>Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.</b>	2.NPA.2.1	Summarize motivations for eating food, including hunger vs. satiety.	4.03 Identify the body signals that tell people when they are hungry and when they are full (hunger vs. satiety).	
		2.NPA.2.2	Explain the importance of a healthy breakfast and lunch.		New clarifying objective
2.NPA.3	<b>Remember nutrition and fitness concepts to enhance quality of life.</b>	2.NPA.3.1	Contrast a physically active and inactive lifestyle.	4.04 Categorize behaviors that are physically active and physically inactive, and compare and contrast the health effects of these activities.	
		2.NPA.3.2	Plan family physical activities that are fun and contribute to fitness.		New clarifying objective

4.02 Not addressed

## ALCOHOL, TOBACCO AND OTHER DRUGS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
2.ATOD.1	<b>Understand how to use household products and medicines safely.</b>	2.ATOD.1.1	Classify uses of medicine or drugs as appropriate and inappropriate.		New clarifying objective
		2.ATOD.1.2	Summarize the health risks associated with inappropriate medicine and drug use.		New clarifying objective
		2.ATOD.1.3	Use goal-setting strategies to prevent the misuse of medicines or household products.		New clarifying objective

5.01, 5.02, and 5.03 not addressed